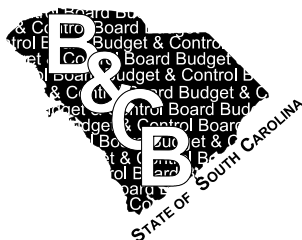


Chronic Disease Management Workshop Healthy Heart



TO BE ANNOUNCED
(WORKSHOPS USUALLY LAST THREE HOURS)



This self-care management workshop is designed to help you:

- ✓ Improve your understanding of **Hypertension** and **High Cholesterol**
- ✓ Learn about the risks of poor diet and lack of physical activity
- ✓ Learn about treatments and medications
- ✓ Gain more confidence in health care decision-making

Prevention Partners' workshops are FREE to state employees and retirees and their family members!

Sponsored by
The South Carolina Budget and Control Board, Employee Insurance Program
The American Heart Association

If you are interested in receiving information about an upcoming workshop in your area, please complete the form below and mail or fax it to Prevention Partners.

HEALTHY HEART WORKSHOP INFORMATION FORM

(PLEASE PRINT CLEARLY)

Please detach and return to:

Ramsey Makhuli, Prevention Partners

P.O. Box 11661

Columbia, SC 29211

OR fax to 803-737-0793

Name: _____ Social Security number: _____

Agency: _____

Work/Home address: _____ ZIP _____

Phone: _____ Fax: _____ E-Mail: _____

Reason for attending: ☐ I have hypertension ☐ I have high cholesterol

☐ health professional attending for educational purposes

family member/friend of someone with: ☐ hypertension ☐ high cholesterol